



Courtesy photo
Spc. Avaristo R. Quintana with 8th MP Bde., 8th TSC, conquers the obstacle course on the second day of the Best Warrior Competition, May 9, at Schofield Barracks' East Range.

8th TSC selects its competitors for Best Warrior

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — Three Soldiers with the 8th Theater Sustainment Command just completed the week-long Best Warrior Competition (BWC), here, May 8-12.

Sgt. Gene S. Calantoc, 130th Engineer Brigade; Spc. Thomas MacDonald, 130th Eng. Bde.; and Spc. Avaristo Quintana, 8th Military Police Bde., competed to determine who from the 8th TSC would be selected as the best noncommissioned officer and Soldier for the U.S. Army-Pacific BWC later this year.

Competitors were required to complete a series of challenges for four days while never knowing how well they were doing in comparison with the others, until the official announcement of the winners on the fifth day.

“The competition itself, I would say, was a good test,” Quintana said. “A lot of physical demands, a lot of mental demands. When they came together, it made it really hard, but it’s nothing you can’t overcome with a little bit of heart.”

Day 1 began with a TA-50 layout, followed by media training, media interviews and an icebreaker event hosted by Command Sgt. Maj. Gregory Binford, the 8th TSC senior enlisted



Courtesy photo
Sgt. Gene S. Calantoc with 130th Eng. Bde., performs warrior tasks and battle drills on the third day of the Best Warrior Competition at Area X-ray on Schofield Barracks.

adviser.

Day 2 required the competitors to complete an Army physical fitness test, weapons assembly and disassembly, M4 qualification, an obstacle course, and



Photo by Staff Sgt. Michael Behlin, 8th Theater Sustainment Command
The 8th TSC officially kicks off its Best Warrior Competition, May 8, at Schofield Barracks. Events consisted of a TA-50 layout, media training and media interviews. Participating in the 2017 competition are Sgt. Gene S. Cantaloc, 130th Eng. Bde.; Spc. Thomas MacDonald, 130th Eng. Bde.; and Spc. Avaristo Quintana, 8th MP Bde.

day and night land navigation.

“It was definitely more challenging than the brigade competition, just because every event we did we had to run,” MacDonald said. “The next day you

were really feeling the soreness in your legs from running all day.”

For Day 3 the competitors performed

See BWC A-4

Governor proclaims May to be Gold Star Appreciation Month

Story and photos by
KAREN A. IWAMOTO
Staff Writer

HONOLULU — Hawaii Gov. David Ige proclaimed May to be Gold Star Appreciation Month at a ceremony at the state Capitol, Wednesday.

Gold Star families are the survivors of active duty service members who were killed in action or died in the line of duty while serving the country. They trace their roots back to World War I, when American families began displaying flags with a gold star for each loved one lost in military service.

“It is really an honor and a privilege for me, on behalf of Lt. Gov. Shan Tsutsui, to declare the month of May as Gold Star Awareness Month,” Ige said during the ceremony, which took place May 17. “With today’s all-volunteer service, these individuals choose to put on the uniform to assure each and every citizen is protected and gets all of the rights and privileges in the constitution. When one of ours in uniform dies in the line of duty and service, it truly is the ultimate sacrifice.”

The Gold Star families who attended the ceremony and were recognized by



Gold Star children – Kalenani Vickers, 5, and Chelsea Briggs, 19 – listen to Hawaii Gov. David Ige speak, Wednesday, at a ceremony proclaiming May to be Gold Star Appreciation Month. Vickers is the daughter of late Navy Chief Kraig Vickers, and Briggs is the daughter of late Air Force Staff Sgt. Ray Briggs.

the governor said the proclamation is one more way to ensure that their loved ones will never be forgotten.

“For us, any recognition is important because people tend to forget,” said David Brostrom, whose son, Army 1st Lt. Jonathan Brostrom, was killed in action



Photos courtesy of the Office of Gov. David Ige
Ige stands with Army Gold Star families in his office, May 17, after a ceremony during which he proclaimed May to be Gold Star Appreciation Month.

in Afghanistan on July 13, 2008. “And many people don’t know what a Gold Star family is, so it’s about making sure that the American public understands and remembers.

“Really, I just want people to remember his name and what he did. He sacrificed his life for his country and his fellow Soldiers, and every weekend when I visit his grave – he’s buried next to his grandfather, a WWII veteran – I’m reminded there’s a whole generation missing between them. It makes me sad, but also very proud,” Brostrom said.

Nani Vickers was there with her 5-year-old daughter Kalenani to remember her husband, Navy Chief Kraig Vickers. He was killed in Afghanistan on Aug. 6, 2011, along with 30 others when the Chinook they were in was shot down. Nani was pregnant with Kalenani when her husband was killed, and he never got to meet his daughter.

“I make it a point to bring her to cer-

emonies like this, so she can get to know her father, what he did, and understand that he was a hero,” Nani said.

U.S. Army Garrison-Hawaii and the Directorate of Family and Morale, Welfare and Recreation assists Gold Star families of all military branches through its Survivor Outreach Services program, which holds support groups on the first Friday and fourth Thursday of every month.

It also set up the Honor and Remembrance display currently on display at the Schofield Barracks Exchange and partners with other community organizations to increase public awareness.

Point of Contact

Gold Star families looking for support are encouraged to contact the Survivor Outreach Services program at 655-8432.



Ige recognized Gold Star families at his office, Wednesday, during a ceremony to proclaim May as Gold Star Appreciation Month.



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Vietnam veterans to be honored

Event to be held at Punchbowl, May 29

CITY AND COUNTY OF HONOLULU
News Release

HONOLULU — In commemoration of the 50th anniversary of the Vietnam War, a special collaborative Memorial Day Ceremony will be held at the National Memorial Cemetery of the Pacific at Punchbowl, or Puowaina in Hawaiian.

The event is scheduled to begin at 8:30 a.m. on Monday, May 29. It's free and open to the public; however, there will be no public parking in Punchbowl as free shuttles will be provided

The ceremony will include speeches, presentation of wreath, a cannon salute, a planned U.S. Air Force and Hawai'i Air National Guard flyover, playing of taps and



performances by the Royal Hawaiian Band.

The event is being sponsored by Governor David Ige, Mayor Kirk Caldwell, the U.S. Veterans Administration, the State of Hawai'i Office of Veteran Services, the City and County of Honolulu, the 50th Anniversary of Vietnam Commemorative Committee, various Vietnam

veterans organizations, and several other groups.

This year's joint ceremony honoring the 50th anniversary will be larger than Memorial Day events in previous years and is expected to attract some 3,000 attendees. As a result, parking and driving in Punchbowl will be restricted until noon.

Free shuttles will be available for the public from the Alapa'i Transit Center from 5:30 to 7:30 a.m. the morning of the ceremony. Eighteen city buses will continuously shuttle attendees during this time. The last shuttle departs at 7:30 a.m.

Attendees are required to be within Punchbowl by 8 a.m, after which access into Punchbowl will be restricted until the ceremony is finished. Shuttle service back to the Alapa'i Transit Center will commence following the conclusion of the ceremony, and the last shuttle back will depart at noon.

Regular bus rules apply to the shuttle service, including limits on baggage.

Shuttle riders are encouraged to park at one of several free sites, including the Frank F. Fasi Municipal Building parking lot, Alapa'i Transit Center parking lot, and President William McKinley High School's parking lot accessible from South King Street.

TheHandi-Van reserved rides and licensed/marked taxi cabs will be allowed to drive into Punchbowl. No personal vehicles will be allowed unless previously authorized.

Sunscreen and water are recommended as covered seating is limited for the ceremony. Please do not bring your own chair into the cemetery. Reserved seating will be offered to veterans and invited guests. Remaining seats will be offered to the public on a first-come, first-served basis.

Asian-Pacific American Heritage Month

Schofield library named for MOH recipient

KATIE LANGE

DoD News, Defense Media Activity

Not everyone can maintain composure when the aircraft he's in starts to lose control. But that's just what this Medal of Honor recipient did, despite being severely wounded while it was happening.

Rodney Yano was born on the Big Island of Hawaii nearly two years to the day after the U.S. entered World War II. His grandparents had immigrated to the U.S. from Japan well before that.

According to the Congressional Medal of Honor Society, he's one of 33 Asian-Americans to receive the Medal of Honor.

Yano joined the Army in 1961 before graduating from high school. He rose to the rank of staff sergeant and was on his second tour of Vietnam when he became an air crewman with the 11th Air Cavalry Regiment.

On Jan. 1, 1969, Yano was the acting crew chief and one of two door gunners on his company's command-and-control helicopter as it fought an enemy entrenched in the dense Vietnamese jungle near Bien Hao.

The chopper was taking direct fire from below, but Yano managed to use his machine gun to suppress the enemy's assault. He was also able to toss grenades that emitted white phosphorous smoke at their positions, so



Staff Sgt. Rodney Yano, a Hawaii native, is honored by three namings: the USNS Yano; Sgt. Yano Library, here; and a helicopter maintenance facility in Fort Rucker, Alabama.

his troop commander could accurately fire artillery at their entrenchments.

Unfortunately, one of those grenades exploded too early, covering Yano in the

burning chemical and causing severe burns. Fragments of the grenade also caught supplies in the helicopter on fire, including ammunition, which detonated.

White smoke filled the chopper, and the pilots weren't able to see to maintain control of the aircraft. The situation wasn't looking good.

But Yano wasn't ready to go down with the ship, as they say. The initial grenade explosion partially blinded him and left him with the use of only one arm, but he jumped into action anyway, kicking and throwing the blazing ammunition from the helicopter until the flaming pieces were gone, and the smoke filtered out.

One man on the helicopter was killed, and Yano didn't survive his many injuries. But his courage and concern for his comrades' survival kept the chopper from going down, averting more loss of life.

For that, Yano was posthumously promoted to the rank of sergeant first class. On April 7, 1970, his parents received the Medal of Honor for his actions from President Richard Nixon.

In his honor, the cargo carrier USNS Yano was named for him, as well as a helicopter maintenance facility at Fort Rucker, Alabama, and the Sgt. Yano Library, here, at Schofield Barracks.

Memorial to honor Native American veterans

DAVID VERGUN

Army News Service

WASHINGTON — A memorial to Native American veterans will be erected on the outside grounds of the Smithsonian's National Museum of the American Indian.

The anticipated dedication of the National Native American Veterans Memorial is Veterans Day, Nov. 11, 2020, according to Rebecca Trautmann, project manager of the memorial.

Ben Nighthorse Campbell of the Northern Cheyenne nation and Chickasaw Nation Lt. Gov. Jefferson Keel are leading an advisory committee of tribal leaders and veterans in assisting with outreach to Native American nations and tribes, and advising on plans for the memorial, Trautmann said.

Also, the advisory committee and the museum are conducting community consultations to seek input and support for the memorial, she added.

"Regional events bring together tribal leaders, Native (American) veterans and community members to gather their insights and advice," she said.

There have been some 30 consultations to date with several more planned this summer.

Trautmann noted that the memorial has received congressional approval, and no federal funding will be used for the project. The project is expected to cost \$15 million and donations are being solicited.

Proud heritage. Eileen Maxwell, public affairs director of the museum, said the



Photo courtesy of the estate of Horace Poolaw and the National Museum of the American Indian

B-17 Flying Fortress crewmembers Gus Palmer, a citizen of the Kiowa nation and a side gunner, and Horace Poolaw, also a Kiowa and an aerial photographer, stand near their aircraft at MacDill Field, Florida, circa 1944. This photo is in the exhibition "For a Love of His People: The Photography of Horace Poolaw," on the third floor of the National Museum of the American Indian.

memorial is fitting. "Native Americans have served in the armed forces in every major

military conflict since the Revolutionary War and in greater numbers per capita than any other ethnic group," she said.

She added that today the Defense Department estimates that some 24,000 American Indian and Alaska native men and women are on active duty, and more than 150,000 veterans self-identify as American Indian or Alaska Native.

A new exhibit opened recently on the museum's second floor, honoring Native Americans in the nation's wars, Maxwell said. The exhibit, titled "Patriot Nations: Native Americans in Our Nation's Armed Forces," consists of 24 panels that depict achievements of Native Americans in various wars.

Several duplicate panels have been made and the museum has been sending these "traveling" exhibits to both Native American and non-Native American communities across the U.S., she said.

Another exhibit, which is temporary and will close Oct. 7, is titled "For a Love of His People: The Photography of Horace Poolaw."

Poolaw, a citizen of the Kiowa nation, was a World War II photographer and many of his photographs are of Native American veterans.

Ethnic Observance

American Indian Heritage Month is celebrated in November.

Voices of Ohana

Because the Senior Logistics Forum was May 17-19 at Fort Shafter, we wondered, "What do you enjoy about being a logistics specialist?"

By 8th Theater Sustainment Command



"I enjoy being a property accounting technician because I am able to provide companies with mission-essential equipment to perform daily missions."

Chief Warrant Officer 2 Anthony Brown
Property book officer
84th Eng. Bn., 130th Eng. Bde., 8th TSC



"I enjoy the fact that all kinetic operations start and end with a professional logistics Soldier."

1st Sgt. Roddue Hamilton
545th Trans. Co., 8th STB, 8th TSC



"Logistics is the cornerstone of operations, and I am proud to support mission success on all levels of responsibility."

Chief Warrant Officer 3 Kelly Orth
G4 senior property accountability technician
8th TSC



"Ammunitions Logistics can be summed up in one anonymous simple phrase: Soldiers can live weeks without food, days without water, minutes without air, but only seconds without bullets."

Chief Warrant Officer 4 Mark S. Parr
Command chief warrant officer
8th TSC



"Not everyone understands the intricacies of logistics, but everyone is happier when materials arrive."

Capt. John Rawlinson
Deputy G4
8th TSC

New incentives bundled into retention bonus

DAVID VERGUN
Army News Service

WASHINGTON — Active duty Soldiers have a few days for a decision window – until May 23 – to apply for the Selective Retention Bonus Program, which has some new sweeteners added as a way to entice those now on active duty to continue serving.

For some Soldiers, re-enlistment will mean lump-sum bonuses – extra money to spend over the summer months, perhaps. For others, depending on their military occupational specialty, it might be better to wait until the days close, said Sgt. Maj. Mark A. Thompson, who serves as the senior Army career counselor with the Army’s G-1.

Wait or grab it now?
Human Resources Command released Military Personnel Message 17-153, “Se-

lective Retention Bonus Program,” May 10. The new message describes in detail the latest plans to encourage Soldiers to stay in the Army through the use of re-enlistment bonuses.

According to the message, 22 MOSs will be removed from the SRB list, with the 11B infantryman, skill level one, being the largest group affected. Thompson said Soldiers serving in those 22 MOSs should take the bonus offered by the Army now, because after the two-week window closes, they will no longer be qualified to receive it.

On the other hand, 35 MOSs have been added to the SRB list. However, those Soldiers will need to wait two weeks in order to take advantage of the bonuses, he said.

The great news is that the \$13,000 “kicker” for Soldiers with a fiscal year 2017 expiration of term of service remains for all of the bonuses listed in the

MILPER, he said, explaining that a kicker is money in addition to the bonus.

For example, an 11B specialist who goes for the SRB within the days will be eligible for both a Tier 3 bonus of \$3,000 for a three-year re-enlistment, as well as a \$13,000 kicker. The \$16,000 would be delivered in a lump sum, or all at once, to the Soldier, Thompson said.

Thompson urged eligible Soldiers to read the MILPER message to determine what changes affect them and to see their servicing career counselors as well, post-haste.

Other enhancements

Three important and improved developments have been added to the retention plan spelled out in the MILPER, Thompson said.

First, the bonus chart has been formatted in a new way, he said. In past mes-

sages, there have been two tables. Now, there is just one. The change, he said, is designed to make it easier for Soldiers to understand what they may or may not be qualified for when it comes to incentives.

Second, there’s a chance for Soldiers to get incentive pay for reclassifying into a critically-short MOS and going to a specific location, he said.

For example, say a Soldier is currently assigned to Fort Hood, Texas, as a 15B aircraft power plant repairer. He is airborne qualified but not in an airborne unit. That Soldier can receive incentive money to change MOSs and be assigned to an airborne unit, which most likely would be Fort Bragg, North Carolina, or a couple of other locations, Thompson said.

(Read the full article at <http://www.hawaiiarmyweekly.com/2017/05/16/act-by-may-23-new-incentives-bundled-into-retention-bonus-program/>.)

‘13 Reasons Why’ makes for teachable moment

LT. CMDR. REBECCA MIRANDA & BRENT OTO
Contributing Writers

SCHOFIELD BARRACKS — The Netflix original miniseries “13 Reasons Why,” which is rated “MA” for mature audiences, is getting a lot of attention in the media.

It chronicles a high schooler’s suicide after she experiences a number of traumatic, negative life events, including bullying, underage drinking and sexual assault.

While many have voiced concerns about the series – that it risks contagion, includes graphic scenes, lacks positive help-seeking behaviors, highlights blame/shame themes and presents suicide as a solution – the series also provides an opportunity to discuss suicide prevention and mental health in a positive light.

Fittingly, May is Mental Health Awareness Month.

In response to the series, the American Foundation for Suicide Prevention (AFSP), the American School Counselor Association (ASCA), and the National Association of School Psychologists (NASP) have joined forces to highlight how the series could teach about suicide risk and mental health awareness.

Schools are taking it seriously, too. On May 2, the State of Hawaii Department of Education sent home parent/guardian letters to inform parents about the series and the concerns raised by it, as well as to encourage supportive adult involvement in processing discussions that arise from it.

Many don’t realize that suicide is the second-leading cause of death among those ages 15-24, according to the Centers for Disease Control and Prevention. Considering the ages of our teens and many young service members, these statistics

emphasize even more why we need to address suicide directly, and to have helpful discussions about life challenges and mental health.

In particular, the NASP has emphasized that adult engagement is critical and “presents an opportunity to help process the issues addressed, consider the consequences of certain choices, and reinforce the message that suicide is not a solution to problems and that help is available. This is particularly important for those who are isolated, struggling or vulnerable to suggestive images and storylines.

“Research shows that exposure to another person’s suicide, or to graphic or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide,” says NASP.

Here are tips for starting a discussion:

1) Consider the audience. The series is rated TV-MA. It is not recommended for those who may be vulnerable (isolated, struggling or have had suicidal thoughts recently). That said, if you know someone who is vulnerable and has watched the series, pay extra attention to how they react.

2) Talk to your younger service members or teens about the series and listen to what they say. Listening is critical to an open the discussion, even if you disagree.

3) Ask open-ended questions such as these:

“What do you think of the series?”

“Do you feel you can relate to any of the characters (and if so, who and why?)”

“Do you think help is available if someone needs it?”

“Do you think some of their actions were the right thing to do? What do you think they should have done instead?”

“Do you know where to go for help if

needed?”

4) Be cautious not to trivialize the series. What is portrayed is often a reality for many young adults, and shutting down another’s point of view will only shut down the conversation.

5) If you are concerned someone may be contemplating suicide, ask them directly, “Are you thinking of suicide?” Asking directly will not plant the idea in their head. In fact, bringing up the topic of suicide to someone at risk provides a sense of relief that someone is willing to talk about difficult feelings. This opens the door to getting help.

6) Model and encourage positive help-seeking behaviors. Just like we maintain our military equipment and physical health, understand that mental health requires maintenance, too. Seeking help is a sign of strength. It is less likely to affect security clearances, and it can enhance one’s quality of life and resiliency. Chaplains, counselors and crisis lines all provide support and guidance during times of struggles. Emphasize the message, “You are never alone.”

7) Learn how to talk about suicide. “safeTALK” and Applied Suicide Intervention Skills Training (ASIST) are military-funded, skills-based trainings that are interactive and designed to teach how to confidently and willingly ask about suicide, and to connect those at risk with life-saving help. Many of the bases offer them, and the Navy CREDO and Military and Family Support Center offer these workshops monthly (go to www.greatlifehawaii.com or call (808) 474-1999).

To learn more, visit www.livingworks.net. A NEW safeTALK for teens and parents will be announced on the Navy Region Hawaii Suicide Prevention Facebook page.

(Editor’s note: Miranda is a Navy Region Hawaii social worker and suicide prevention program manager at Joint Base Pearl Harbor-Hickam. Oto is the Army suicide prevention program manager at Schofield Barracks.)

Resources

For additional guidance or resources on suicide, mental health or how to address the series, visit the AFSP, ASCA, NASP, and National Alliance on Mental Illness (NAMI) websites. Contact the military regarding suicide prevention:

- Army Suicide Prevention Program, 655-9105.
- Navy Suicide Prevention Program, 474-0045.
- Air Force Mental Health Clinic, 448-6377.
- Marine Corps Base Hawaii Behavioral Health Program, 257-7780.

Additional resources follow that provide free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week:

- Oahu Suicide Prevention Crisis line, 832-3100.
- National Crisis Hotline, 1-800-273-TALK (8255), option 1 for military, or www.suicidepreventionlifeline.org.
- Crisis Text line at 741741.
- National Sexual Assault Helpline, RAINN, 808-656-HOPE (4673).
- RAINN, www.rainn.org.
- DOD Safe Helpline, www.safehelpline.org, 877-955-5247 or text 55-247.
- Military OneSource, 800-342-9647 or www.militaryonesource.mil.

311th’s ‘Doctor’ recognized by Hawaii Governor Ige

1ST LT. EMILY KLINKENBORG
311th Signal Command (Theater)

HONOLULU — A crowd starts to form around a vehicle in downtown Honolulu. Men, women and children shuffle toward a Soldier handing out clothing. Sgt. 1st Class Anastasia Doctor, G3 Current Operations noncommissioned officer, master fitness trainer and Equal Opportunity representative of the 311th Signal Command (Theater) strengthens the bond between the military and the community.

Doctor received an award for her contributions to the community during the Military Affairs Council by Gov. David Ige, May 5. Doctor’s husband, Sgt. 1st Class Abdul Jaffar, accepted the award on her behalf since she was on a temporary duty assignment in Laos.

Ige issued a proclamation at the Chamber of Commerce Hawaii’s Military Affairs Council, or MAC, that formally identified the month of May as Hawaii Military Appreciation Month.

“The military service members assigned here in Hawai’i are a lot more than Soldiers, Sailors, Marines, Airmen or Guardsman; they are family, ‘ohana,” said Thomas Lee, the governor’s Military



Courtesy photos
Doctor began a shoe donation program called Sneaker Joy to bring footwear to the homeless community.

Affairs liaison. “Recognition of our service members by proclamation has great meaning beyond the paper it is written upon and signatures it bears.”

Doctor is a grassroots advocate for the homeless community. After big dinners

for Thanksgiving, unit holiday functions and tailgating parties, she packages the leftovers and feeds the homeless from her car with her children. She and her family first began donating their time to the homeless in Alaska, where she had previously been stationed.

“I believe that if one is hungry; we are all hungry,” Doctor said. “In this world, we share a common family, and if one is needy, mentally, physically or emotionally, we are bound together to help cease that need.”

With only nine months on island, Doctor has made some serious moves in the homeless community. For the month of December, she created a program called “Everyone Deserves a Christmas,” where she visited with the homeless to ask what they wanted for Christmas and greeted them with their gift on Christmas morning.

In honor of Valentine’s Day, she collected unit clothing donations for the homeless community to spread the gift of love for one another. At the start of the next quarter, she began a shoe donation program called Sneaker Joy. This program continues to take place at the start of every quarter.



Doctor receives a “Mahalo” embrace from a thankful recipient of footwear.

“Military Appreciation Month distinguishes the many hours each service member has spent, giving the little free time they have to their neighbors, their hanai ohana,” said Lee.

Doctor plans to encourage a unit food drive in the near future.

Alaska takes RHC-P’s Best Warrior Competition

BWC readies Soldiers as the force of the future

Story and photo by
EMILY YEH
Regional Health Command-Pacific
Public Affairs

HONOLULU — Each year Regional Health Command-Pacific’s (RHC-P) Best Warrior Competition (BWC) identifies Soldiers who demonstrate commitment to the Army Values, embody the Warrior Ethos and represent the force of the future.

“The Na Koa Best Warrior Competition selects the noncommissioned officer and Soldier to participate at the MEDCOM (Medical Command) level competition,” explained Command Sgt. Maj. Richard F. Watson, RHC-P’s senior enlisted adviser. “The individuals selected will best represent RHC-P, the Army and MEDCOM values while demonstrating the Army Warrior Ethos.”

Seventeen elite competitors from around RHC-P tested their Army aptitude by conquering urban warfare simulations, board interviews, physical fitness tests, written exams and warrior tasks and battle drills relevant to today’s operating environment, earlier this month.

Sgt. Ryan Harpster and Spc. Lyndon Wright, both from Medical Department Activity-Alaska (MEDDAC-AK), came out of battle as RHC-P’s Noncommissioned



Competitors from RHC-P Best Warrior Competition plan out their route and strategy for the land navigation task. The competition took place May 1-5 throughout the island of Oahu. The Soldier of the Year and NCO of the Year will compete in the MED-COM level competition that takes place in San Antonio, Texas, in July 2017.

Officer of the Year and Soldier of the Year. Both will now represent the region at the MEDCOM level competition which takes place in San Antonio, Texas, in July.

During the full week of competition, warriors faced a combatives contest, an obstacle course, a mystery event, day and night land navigation, a small arms range shoot, a ruck march, and written and oral boards. The warriors’ first task entailed

taking the Army physical fitness test and meeting the Army required weight/height standards. This was only the beginning of the testing of their physical endurance.

The Soldiers then faced an obstacle course challenge that pushed their confidence and physical abilities. Next, the Warriors were required to successfully zero an M4 rifle and undergo the combatives competition, which tested their

resolve during face-to-face combat. These tasks cultivated personal courage, toughness, balance, upper body strength and agility.

This year, competitors faced an additional challenge, a mystery event to test their reaction and their ability to adapt and overcome a situation quickly and decisively. The mystery event consisted of two trials presented only when the competitor stepped up to take the challenge. The tasks were designed to see how well Warriors think on their feet while under both physical and mental stress.

The first event was an individual timed kayak race. Competitors navigated a beach and ocean course in full uniform. The second part of the mystery event was also a timed event in which they were required to assemble and do functions checks on an M16 and M9 while they were blindfolded.

As in previous years, the competition included a day and night land navigation course and a ruck march.

“The region’s Best Warrior competition reflects the mission, strategic vision and goals of Army Medicine while supporting the AMEDD Enlisted Corps. The outcome is our corps is trained, ready and responsive,” stated Watson.

Competitors were represented from all over RHC-P’s area of responsibility in the Pacific, including Hawaii, Alaska, Japan, Korea, San Diego and Washington state.

BWC: Winners go to USARPAC now

CONTINUED FROM A-1

their Warrior Tasks and Battle Drills, combat run, written exam and essay, then wrapped the day up with the mystery event, which required them to put together a set of male and female Army Service Uniforms.

Day 4 began with an early morning 12-mile ruck march and concluded with the board hosted by Binford.

Day 5, was a reception at the Hale Ikena on Fort Shafter, where the winners of the competition were announced: Calantoc and MacDonald.

“Physical-wise, I was good. It was pretty tough,” Calantoc said. “I know what I need to work on, and I should be ready for the next competition.”

The winners will move on to the USARPAC BWC, June 12-16, where they will compete against other NCOs and Soldiers from the Pacific theater.

At right, the 8th TSC’s Best Warrior Competition ends on day 5 with an awards and reception ceremony, May 12, at the Hale Ikena on Fort Shafter. Calantoc and MacDonald were named the winners.



Photo by Sgt. Jon Heinrich, 8th Theater Sustainment Command

Medics extend the ‘Golden Hour’ to patients

Story and photos by
WILLIAM SALLETTE
Tripler Army Medical Center Public Affairs

HONOLULU — When it comes to treating a patient that has received a traumatic injury on the battlefield, timing really does matter.

What is commonly referred to as the “Golden Hour” is the short amount of time immediately following a traumatic injury in which medical treatment is most effective to prevent irreversible internal damage and optimize the chance of survival.

For years, the idea of “load-and-go” was the best method to ensure the chances of survival. This means that the patient would be evacuated immediately. However, land operations in an unknown battlefield may require field care for hours or even days. That is why Tripler Army Medical Center has instituted training for the Delayed Evacuation Casualty Management course, or DECM.

“In the last eight years, I have been deployed to places such as Columbia and central and west Africa where air evacuation was not readily available and Soldiers sustained severe injuries and many needed whole blood products to sustain life,” said Command Sgt. Maj.



Students from the DECM course evaluate and treat a mock patient in the TAMC simulation Center, May 12.

Uriah S. Popp, the U.S. Army Medical and Dental Activity Alaska Command senior enlisted adviser and creator of the course.

“These injuries required immediate care, but evacuation was extended to 12 or more hours in many cases. This is where

training like this comes in to play.”
The course is designed to extend the life of a patient on the battlefield by up to 90 hours. This timing is extremely important as Soldiers are often in places where evacuation may not always be readily available or possible.
“This is incredible training for our medics who must be able to sustain life on the battlefield far past the Golden Hour,” said TAMC Command Sgt. Maj. Timothy Sloan. “Command Sgt. Maj. Popp and his outstanding noncommissioned officers have developed a comprehensive program that takes our current annual medic training requirements and expands on those skills exponentially.”
The course focuses on training combat medics and practical nursing specialists on lifesaving techniques, such as working with ventilators, whole blood transfusions, long-term pain management and tele-health.
The intent of DECM is not to change current Army doctrine or current treatment procedures, but to provide combat medics and practical nurses with critical care concepts that prepare them to stabilize and sustain a casualty in an extended care scenario before casualty evacuation.

“We have to be proactive in our training,” said Popp. “With today’s current deployment environment and our activities in overseas contingency operations, where immediate evacuation may not be readily available, it’s necessary for our Soldiers to be trained to take care of a patient for an extended amount of time.”
This type of care is not a new concept. The Special Operations community has already developed many similar procedures for prolonged care and much of the DECM course was based on the special operations Tactical Trauma Medical Emergency Protocols, evidenced-based nursing care practices and a result of the best practices developed by the Special Operations Command (SOCOM) Prolonged Field Care (PFC).
“Our end goal is to develop Army medics who possess the critical thinking skills and technical knowledge to sustain life in austere environments with minimal resources over an extended period of time when evacuation platforms are not available,” said Sloan.



The DECM course is designed to extend the life of a patient on the battlefield by up to 90 hours. Students learned all they could to meet the challenge.



Deployed Soldiers are often in places where evacuation may not always be readily available or possible, so they must do their best when handling the patient.

SFC lets the ‘Golden Rule’ be his guide to dilemmas

SGT. 1ST CLASS TIMOTHY SEPPALA
94th Army Air and Missile Defense Command
JOINT BASE PEARL HARBOR-HICK-AM — Morality is a highly subjective concept that has its roots in a variety of sources.

Some derive their sense of morality from their religious convictions, while others tend to draw on their cultural roots. The truth is, morality can come from almost anywhere, and it is unique to each individual.

As you can imagine, having so many sources of morality leads to different views on what is right and wrong. Of course, some moral issues are almost universally accepted. Most people would agree that murder, rape and theft are morally reprehensible. However, it is those issues



Seppala

that most people do not agree on that cause them to protest and riot on the streets of the United States.

Abortion, gay marriage, capital punishment, transgender bathroom choice, or even less controversial issues such as alcohol use, pornography, divorce and premarital sex can all have a dividing effect on society.

Although not as prevalent or vocal, this societal divide does extend into the military, particularly when policies run

contrary to the moral system of some of the Soldiers and leaders of our units.

Unlike our civilian counterparts, those of us in uniform are not allowed to speak out against policies that we find run contrary to our moral beliefs. The question then becomes “How do we reconcile our morality with a policy that violates our sense of right and wrong?”

The answer lies in the Golden Rule: “Treat others as you would like to be treated.”

It is OK for Soldiers and leaders to hold onto their belief systems. The Army wants leaders with conviction; after all, a person with a grasp of right and wrong is far better than one who has no moral compass to follow. Just don’t let your views of morality prevent you from

treating everyone with the respect and dignity they deserve as fellow Soldiers and human beings.

If you find yourself struggling with a moral dilemma in either your work or personal life, you are encouraged to find a member of the Chaplain Corps. The Chaplain Corps is able to offer you a safe, confidential environment where you can discuss your thoughts and work through your problems without fear of judgment or reprisal.

Chaplains and religious affairs specialists are assigned to every battalion and higher-level unit in the Army, and they are ready to stand by you as you face all of life’s pitfalls.

(Editor’s note: Seppala is a senior religious affairs noncommissioned officer.)

NEWS-BRIEFS

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

19 / Friday

Moving Season — Military and family members are reminded to pre-plan their permanent change of station, or PCS shipments. Hawaii is a geographically isolated area, so during the peak moving season, mover capacity is filled up to 30 days out.

The soonest pack-out dates that the island can currently accommodate are June 9. That will continue to slip right as the days proceed.

Personnel are strongly urged to consolidate unaccompanied baggage and to include retained issue OCIE (Organizational Clothing and Individual Equipment) into their household goods. For more details, call Installation Transportation at 656-4963.

25 / Thursday

UH ROTC — Do you want to become an Army officer? The University of Hawaii conducts briefings on the last Thursday of every month from 11:30 a.m.-1 p.m. at the Tripler Army Medical Center Education Center. This is a great opportunity for Soldiers to get firsthand information on ROTC scholarships and how the program operates.

For more details, contact William Roach at 956-7766 or David Sullivan at 956-7744.

26 / Friday

GOC — U.S. Army Garrison-Hawaii will observe its Garrison Organization Celebration, May 26, from 9 a.m.-3:30 p.m. on the Stoneman Sports Complex, Schofield Barracks. Most programs and services provided by USAG-HI will be closed that day. Contact organizations before traveling to them.

29 / Monday

Memorial Day — U.S. Army Garrison-Hawaii will hold its annual Installation Memorial Day Remembrance Ceremony, May 29, at 10 a.m., at the Schofield Barracks Post Cemetery. The public is invited to join in honoring veterans who served

and died in defense of our country.

Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety check. For more details, call 656-3159.

Ongoing

AER — The Army Emergency Relief campaign ended May 15; however, your donations will continue to be accepted until June 8th. Why not take this opportunity to donate to an organization that supports Soldiers and families all around the world. AER is the Army’s own emergency financial assistance organization dedicated to “Helping the Army Take Care of its Own.”

Donations can be made online at <https://www.aerhq.org/Donate>. When donating, select which location and unit/organization you would like your donation to be on behalf of.

Watch the AER video at <https://www.youtube.com/watch?v=7pGVmD1UCUA>.

Scholarships — Find out about the Green to Gold and ROTC Hip Pocket

Traffic & Outages

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

19 / Friday

Ala Moana — As part of Mayor Kirk Caldwell’s ongoing efforts to improve O’ahu’s most heavily used park, construction has begun for two new sand volleyball courts at Ala Moana Regional Park.

The courts are being built in an under-utilized area of the park, located near the Ewa, makai corner of the 119-acre property where Ala Moana Park Drive bends near Kamake’e Street.

The new courts will encompass about 11,000 square feet, which includes a 15-foot safety zone with a rubber curbing perimeter and permanent volleyball nets and poles.

The project also includes removing the pathway leading to Kewalo Harbor, building a walkway connecting to the park’s path system, relocation of existing boulders within the park, removal of nearby trees and grass restoration upon completion of the project.

The Department of Parks and Recreation will be removing the volleyball net posts currently located on the beach near the site of the new courts.

The courts are expected to open to the public this fall. The immediate area surrounding the construction zone will be closed to the public for the duration

of the project. The area has been clearly marked by construction crews.

20 / Saturday

WAAF Power Outages — Wheeler Army Airfield will experience two separate power outages on May 20 from 6 a.m.-6 p.m. and on June 3 from 7 a.m.-3:30 p.m. These outages are required to support Hawaiian Electric Company electrical upgrades on WAAF, East Range and the Golf Course.

In anticipation of the upcoming WAAF base-wide outages, the Directorate of Public Works is referring customers to the following for rental generators:

Generators Hawaii: Tiny, (808) 259-6528.

Ummins West: John Miranda, (808) 628-6224.

Schofield Barracks Outage — An electrical outage will also impact the following areas on Schofield from 6 a.m. to 6 p.m., Saturday, May 20th:

- Schofield Area A Housing,
- Kona Road,
- Dickman Road, and
- Units 30-85.

Again, this outage is required to support the Hawaiian Electric Company electrical upgrades.

June

5 / Monday

Montgomery Drive, Fort Shafter — A partial road closure will occur at Clark Road, near Bldgs. 334 & 339, for final tie-in of the water line. South-bound traffic on Montgomery Drive, alongside the

buildings will be diverted to Montgomery Drive from June 5-10.

The work will be performed Monday through Saturday and will occupy the one-way Montgomery Drive adjacent to Bldg. 339.

Ongoing

Modified Traffic Flow — Fort Shafter’s 7th Street and Arty Hill Road will have electrical utility work through June 2. There will be intermittent lane closures. Also, residents will be given advance notice if their driveways will be blocked.

Access to the Island Palm Communities office will still be open via 7th Street. Contractor work hours are Monday-Friday, 8 a.m.-2:30 p.m. Motorists are advised to expect delays and follow detour signs to adjacent roads.

Aliamanu Drive — A lane closure and contraflow will take place on Aliamanu Drive, between Rim Loop and Valley View Loop, on Aliamanu Military Reservation, for utility locating work on behalf of the Directorate of Public Works.

The work will be performed through June 16, Monday through Friday, between 8:30 a.m.-3:30 p.m.

Saturday and Sunday work will only be performed if absolutely necessary, between 9 a.m.-5 p.m.

Schofield Road Closure — Partial road closures at Waianae Avenue and cross streets between McCornack and Kona roads will

be in effect in order to repair and repave the road. A full road closure from Ayres Avenue to McCornack Road will be in place through June 19, Mondays through Fridays, between 8:30 a.m. to 4:30 p.m.

Phase 2A and 3 will have 24 hour closures. Lanes with partial closures will allow two-way traffic flow on the opposite lane and local access to residential streets. Alternate routes will be through Ayres, McCornack, Flagler, Kulekole and Meigs.

Flagmen will direct two-way traffic flow. The lanes will only be closed when the contractor is working in that area, except for 24 hour closure phases.

Note, this project schedule is subject to change pending weather delays.

McNair Gate Closure — A nighttime closure of McNair Gate, Schofield Barracks is scheduled through July 21 to upgrade the guard shack.

During working hours, parts of Ayres Avenue and McCornack Road leading to the gate will also be closed.

The closure of McNair Gate will run Sunday-Thursday nights between the hours of 8:30 p.m. and 5 a.m.

Paralegal of the Year strives for greatness

Now NCO makes use of Green to Gold to go into officer ranks

SGT. IAN IVES
25th Sustainment Brigade Public Affairs
25th Infantry Division
SCHOFIELD BARRACKS — Weng Ong, a native of Santa Clara, California, had a loose understanding of what he wanted to do with his life upon graduating high school.

With his parents leaving it up to him to pay for his own education, he turned to enlisting in the Army. Now a sergeant, Ong has found his calling: embodying the warrior esprit, and above all being a leader. “No materialistic satisfaction can match the feeling of making a positive impact in someone else’s life,” said Ong. “After realizing this concept, I also understood that in order to have a greater influence on others, I must continue to develop myself.”

Joining the Army in 2012, Ong began his journey as an Army paralegal specialist in the 45th Sustainment Brigade, 8th Theater Sustainment Command, based on Oahu. As a young Soldier in the 45th, he learned the basics needed to become proficient in his field, and he deployed with his unit in 2014 for a seven-month tour in Afghanistan. Following the deployment, his unit transitioned to the 25th Infantry Division, rebranding as the 25th Sust. Bde. in July 2015. Shortly after joining the 25th, Ong competed in his first Paralegal of the Year competition, beating every other paralegal in the division. The competition consisted of many physical and mental tests, challenging competitors’ skills as a warrior and paralegal. “Having a true passion in what you do is one of the greatest factors to driving your success in any type of goal,” said Ong. “A clear understanding of what drives your passion, paired with hard work and commitment, will equate to determining the type of actions you

take towards achieving your goals.” Coupled with his outstanding performance in daily duties, winning the Paralegal of the Year contributed to Ong being promoted to the rank of sergeant in 2016. His fast rise through the enlisted ranks had impressed many leaders within the 25th Sust. Bde., in particular his officer in charge. “Sgt. Ong is a Soldier capable of doing or being whatever he sets his mind to within the Army,” said Maj. Sarah Brennan, the 25th Sust. Bde. judge advocate. “He has the highest level of discipline and motivation, and is growing into a thoughtful mentor for junior Soldiers.” With his career falling into place, and having proven his excellence in his field, Ong began to set his sights on pushing himself to become a commissioned officer. To do this he decided his best course of action would be to apply for the Army Green to Gold Program. The Green to Gold Program is designed to select outstanding enlisted Soldiers who want to complete a four-year college degree and commission as an officer in the Army. Of more than 12,400 Soldiers in the 25th ID, Ong was one of the few who was awarded a scholarship from the Green to Gold program in 2017. “This year, I was fortunate enough to receive a Green to Gold ROTC hip pocket scholarship in order go back to school and complete my degree in Kinesiology,” said Ong. “The plan is to graduate by 2021 and commission as an infantry officer. From there, I will either continue to pursue a doctorate degree through the Army’s physical therapy program, or attempt to become a Special Forces officer.” Being accepted into the Green to Gold program did not halt Ong’s motivation as a noncommissioned officer. To continue his drive for



Photo by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs, 25th Infantry Division
Sgt. Weng Ong, an NCO with the 25th Sust. Bde., marks off his first point, May 3, during the land navigation portion of the USARPAC Paralegal of the Year competition. The contest pitted the best paralegals from across the Pacific against each other for a week of tough challenges.

greatness, he went on to compete in the 2017 U.S. Army Pacific Paralegal of the Year competition. Competitors came from all over the Pacific region to compete, but Ong once again showed his tactical and technical excellence. After a week of grueling competitions, Ong was named the USARPAC Paralegal of the Year. “Sgt. Ong is amazing,” said Brennan. “He is a hard-charging professional who can do anything to which he sets his mind, and is the essence of the fire in the NCO Corps. Not only does he complete his tasks, but takes it one step further.” Ong has done many great things as an NCO and will continue to pave the way for leaders in the Army long after his transition into the officer ranks. “Having a true passion in what you do is one of the greatest factors to driving your success in any type of goal,” said Ong. “Slowly, but surely, every day becomes a little bit clearer. Every day becomes an opportunity in order to be one step closer.”



Photo courtesy of Sgt. Weng Ong, 25th Sustainment Brigade
Staff Sgt. BJ Sidarasavath, NCOIC, Legal, 25th Sust. Bde., stands with Ong, May 5, after Ong was awarded the trophy for the USARPAC Paralegal of the Year competition.

Forward Support Company competes in rodeo

Story and photos by
1ST LT. EUGENE MOLISSO
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Five members from the Distribution Platoon of 84th Engineer Battalion’s Forward Support Company competed in the 2017 U.S. Army Hawaii Water Purification Rodeo, or ROWPU, May 1-5.

The competition’s target audiences were water treatment specialists and petroleum supply specialists.

The 25th Sustainment Brigade, 25th Infantry Division, hosted the competition allowing five teams from across Oahu to compete in multiple challenges on Mokuleia Army Beach near Dillingham Airfield.

The intent of the competition was to build esprit de corps through the sustainment ranks, increase readiness and test individual Soldier’s proficiency in multiple water purification systems.

“We have fit and competitive Soldiers

who can compete in a multifunctional logistics environment, so I knew that we had to participate in this competition,” said Staff Sgt. Airjordan Pene, the non-commissioned officer in charge of FSC’s team.

The rest of the team included Sgt. Dequeshaun Johnson, Sgt. Ricky Ramirez, Spc. Abraham Sanchez and Spc. Juan Delacruz.

Throughout the week, the teams took an Army physical fitness test, two written evaluations, and were timed and evaluated on setting up the Forward Area Water Point Supply System, Lightweight Water Purifier and Tactical Water Purification System.

The teams also had to operate the equipment as well as disassemble it according to the technical manual.

“Our unit does not have this equipment or capabilities, so a lot of us have not seen it since Advanced Individual Training. It was a great training opportu-

nity for our Soldiers,” said Johnson, a water treatment specialist on the team.

In the end, FSC’s team won 1st place in overall team APFT score. Ramirez, a petroleum supply specialist on the team,

placed 1st in individual APFT score.

“Now that we have a taste, we can definitely come out next year and win this competition outright,” remarked Delacruz.



Courtesy photo

The ROWPU competition team and Distribution Platoon leadership from 84th Eng. Bn., 130th Eng. Bde., pose for a remembrance photo. Left to right are Platoon Sergeant Staff Sgt. Johnathan De Jesus, Staff Sgt. Airjordan Pene, Sgt. Dequeshaun Johnson, Spc. Juan Delacruz, Spc. Abraham Sanchez, Sgt. Ricky Ramirez and Platoon Leader 1st. Lt. Eugene Molisso.



Staff Sgt. Airjordan Pene and Spc. Juan Delacruz from Forward Support Company, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, plug a 50-foot hose assembly into the Tactical Water Purification System, or TWPS.



Sgt. Dequeshaun Johnson and Spc. Abraham Sanchez from Forward Support Company, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, put tension on the floating function strainer to ensure its anchor stays secured in the water.

GET A MOVE ON



HAWAII **ARMY WEEKLY**

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"When work is finished."

Photo by Karen A. Iwamoto, Oahu Publications

Lt. Kathryn Bailey, a Black Hawk pilot with the 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, supervises the delivery and unpacking of her household items, May 11, on Wheeler Army Airfield.

Successful PCS'ing starts with good planning

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — Whether Soldiers and families are making their first permanent change of station move or have been doing it for years, they're almost certain to encounter challenges along the way. "There are just so many moving parts to juggle," said 1st Lt. Kathryn Bailey, a Black Hawk pilot with the 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division. "I would say the best advice would be to start early."

Bailey arrived, here, from Fort Rucker, Alabama, about two months ago, but her household items didn't get here until Thursday, May 11. This was her first PCS, but like any resourceful Soldier, she found a way to meet the challenge: She borrowed some furniture from Island Palm Communities until hers got here.

IPC provides free loaner furniture for 30 to 60 days for arriving and departing residents at any of its Army housing communities on Wheeler, Schofield Barracks, Tripler Army Medical Center, Helemano, Aliamanu and Red Hill, said Rachel Hollaway, the IPC community manager at the Patriot Hamilton Community Center on Schofield Barracks.

"We provide the basics: beds, couches, coffee tables, end tables. If they have their own washing machine and dryer and they've already shipped it (or it hasn't arrived yet), we can provide for that as well," Hollaway said, adding that residents should check in with their designated IPC community center for more



Photo by Christine Cabalo, Oahu Publications

Pvt. Andrew Mercado, a cannon crewmember with the 3rd Battalion, 7th Field Artillery Regiment, 25th Division Artillery, 25th Infantry Division, polishes the rims of his car in this 2016 photo. Readyng vehicles for a PCS requires planning ahead.

information.

In addition to pre-inspections of homes for potential residents, IPC also hosts moving-out workshops at its community centers to educate departing residents about what they need to do move out properly and avoid potential fees.

"Some people don't realize they have to come to their community center to give notice that they'll be leaving," Hollaway said. "The lease agreement does state that they have to give 28 days notice. That can be waived in some cases, but the best advice is to make sure they read their lease agreement and communicate with the community centers' staff when they receive their orders to leave."

However, getting moved in or out is only one aspect of a successful PCS. What follows are some reminders that will make transferring to and from Hawaii go smoothly.

Pets

Arriving

Hawaii is a rabies-free state. Cats and dogs entering the state must undergo a 120-day quarantine period unless they qualify for the state's five-day-or-less quarantine program.

Puppies and kittens under 10 months old do not qualify and will be quarantined for 120 days.

Certain dog breeds are prohibited from U.S. Army Garrison-Hawaii installations and IPC housing. These include pit bulls, Chows, Rottweilers and wolf-hybrids.

In line with Hawaii law, dogs and cats on USAG-HI

installations must be microchipped and registered with the Veterinary Treatment Center at Schofield Barracks or Fort Shafter.

There are two dog parks on post, one on Wheeler Army Airfield, the other at Helemano Military Reservation. Rules are posted at the parks.

Departing

It is against the law to abandon a dog or cat in Hawaii. The Hawaiian Humane Society accepts pets for a \$25-per-pet fee. It also has a list of Oahu's animal welfare groups that may be able to take in unwanted pets.

Additional Resources

To view USAG-HI's pet policies, visit www.garrison.hawaii.army.mil/command/documents.htm, click on the USAG-HI Policies tab and scroll down until you find the links to the Army Installation Microchip Program and the Prohibited Dog Breeds on USAG-HI Installations.

To view the U.S. Army Hawaii memorandum on Pets in Privatized Housing, visit www.garrison.hawaii.army.mil/command/documents.htm, click on the USARHAW Policies tab and scroll down.

Information on bringing a pet into Hawaii can be found at hdoa.hawaii.gov/ai/aqs/animal-quarantine-information-page/.

See PCS B-4



Photo by Kristen Wong, Oahu Publications

Christine Rossen (left), a certified veterinary technician, holds Barkley, a terrier mix, while he receives an exam prior to PCSing, from Dr. Laurel Rhodes, a veterinarian at the Marine Corps Base Hawaii veterinary treatment facility on May 20, 2015.

ALEXANDRA WHITE

Exceptional Family Member Program
Army Community Service

SCHOFIELD BARRACKS — There is no doubt that military families face many unique challenges during every permanent change of station move, or PCS.

Having a child enrolled in special education can add unwanted stress. However, having a foundational understanding of how the federal laws that govern special education apply to students in transition can make this process much easier.

It is crucial to ensure that your child's educational records are up to date and accurate prior to making a PCS move.

Under the Family Educational Rights and Privacy Act (FERPA), schools must allow parents the opportunity to review their child's educational records no later

than 45 days following receipt of a written request.

Additionally, if your child has an Individualized Education Plan, or IEP, it is imperative to request your child's IEP be updated and implemented prior to PCSing. Furthermore, students with an IEP are protected under the federal Individuals with Disabilities Education Act (IDEA).

According to IDEA, a child who is transitioning school districts with a current IEP shall be provided with a "free appropriate public education, including services comparable to those described in the previously held IEP." In other words, your child's new school is required to follow your child's IEP from the previous state to the greatest extent possible.

Similarly, the Interstate Compact on

Educational Opportunities for Military Children states that the new state "shall initially provide comparable services to a student with disabilities based on his or her current IEP, and shall make reasonable accommodations and modifications to address the needs of incoming students with disabilities, subject to an existing 504 plan to provide the student with equal access to education."

However, it is important to note that a school has the right to re-evaluate and draft a new IEP for an incoming student shortly after their arrival.

Hand-carrying hard copies of your child's educational records, to include IEPs and 504 plans, will contribute greatly to the successful transitioning of your child. It is strongly encouraged that you hand-deliver these documents to the receiving school as soon as possible.

Lastly, it is important to research school districts prior to arriving at your new duty station. If possible, plan to live in an area that corresponds with a school district that provides similar programs and services to your previous duty station. A great resource to aid you in this research is your gaining installation's school liaison officer.

Thankfully, support within the military community is just a phone call away.

Point of Contact

If you have concerns about transitioning your child who has special needs, reach out to your local Army Community Service's Exceptional Family Member Program at 655-4227.

Families with special education students find PCS help

Briefs

19 / Friday

Using LinkedIn and Social Media to Net a Job — Build your network by utilizing social media and develop your LinkedIn profile at SB ACS from 10-11 a.m. Call 655-4227.

Right Arm Night — Enjoy a night of comradery at SB Nehelani Conference and Banquet Center starting at 5 p.m. Call 655-4466.

It Takes Two (For Couples) — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Lei Making — Learn to make a beautiful lei every Friday for \$15 at SB Arts and Crafts from 1-2 p.m. Call 655-4202.

20 / Saturday

Boot Camp Training for New Parents — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

Strong B.A.N.D.S. Color Blast & America's Armed Forces Kids Run — Two runs, twice the fun at HMR PFC starting at 7 a.m. The America's Armed Forces Kids Run is free and open to the first 300 registrants 5-13 years old. Parents can register their child at www.americaskidsrun.org. Walk-in registrants accepted the morning of the race between 5:45-6:45 a.m. for exactly \$35 (race organizers will not have change). Call 655-8007.

Family Nite — Enjoy Paint and Take Ceramics with SB Arts & Crafts at 4:30 p.m. Preregistration is required; supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202.

Armed Forces BBQ — Come to a free barbecue at SB Tropics Recreation Center starting at 6 p.m. in honor of Armed Forces Day. Enjoy hamburgers, hot dogs, with all the fixing and desserts, and play games. Call 655-5698 for more information.

BOSS Volunteer Opportunity — Color Blast starting at 6 a.m. Call 352-223-6370 for more information about

Broncos recognize volunteerism

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, held its quarterly Volunteer Recognition Ceremony at F Quad, here, May 9.

In total, 18 volunteers from the brigade, to include Soldiers, military spouses and members from local nonprofit Surfing the Nations were recognized for their community volunteer efforts at the Bronco Brigade building.

“The purpose of the Volunteer Recognition Ceremony is to recognize outstanding individuals that have made a great impact in our battalions or in the community,” said Christine Ryan, spouse to Col. Robert Ryan, commander, 3rd BCT, 25th ID.

Each battalion was responsible for nominating volunteers who they believed went above and beyond for community outreach and volunteerism.

“I think volunteering and giving back to our community in any way that we can is huge. It shows that we want to be a part of the community that we live in even though we are only here for a short time period,” Ryan said. “Personally, I enjoy volunteering twice a month at Feeding the Hungry in Wahiawa. This organization (Surfing the Nations) gives back every day to the community, and all they ask for are volunteers to

Soldiers, military spouses and members from local community nonprofit Surfing the Nations, were recognized for their volunteer efforts during the 3rd BCT, “Broncos,” 25th ID, Volunteer Recognition Ceremony at Schofield Barracks, on May 9. The VRC is a ceremony held quarterly to recognize those who volunteer their time and effort to the Army and local community.

help make their programs a success.”

The awardees each received a lei and a volunteer Certificate of Appreciation from the brigade.

Craig Nunez and Lee McElroy, both volunteers from Surfing the Nations, were recognized by the Bronco Bde. for their valuable contributions to the brigade’s readiness groups, to Army Community Service, and to the surrounding community as they prepared to depart their positions.

The volunteers received a warm applause for their kind efforts to the Army and local community alike.

this opportunity.

22 / Monday

AFTB Level G: “Personal Growth” — SB Education Center hosts three day sessions, 9 a.m.-1 p.m. Training teaches participants how to improve communication skills and personal relationships and how to develop stress management skills. Call 655-4227.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

BOSS Scuba Diving Certification

Class — To sign-up, call 352-223-6370.

Stress Solutions — Identify the causes of stress as well as how it affects our lives, noon-1 p.m. Learn techniques such as positive self-talk, how to not take things personally and a variety of relaxation techniques. Call SB ACS at 655-4227.

23 / Tuesday

10 Steps to a Federal Job — SB ACS hosts from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

24 / Wednesday

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at the SB ACS from 10-11 a.m. Call 655-4227.

Somei Taiko — An exhilarating presentation at SB Sgt. Yano Library starting at 2 p.m. Come learn history and the art of Taiko drums. This performance will be loud. For ages 4 and up. Call 655-8002.

25 / Thursday

FRG Key Contact Training — Learn

key contact duties, communicating with family members, dispelling rumors, handling crisis calls, etc. It also shows key contacts how they fit into a successful FRG. From 5-7 p.m. at SB ACS. Call 655-4227.

Basic Investing & TSP — Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

26 / Friday

Garrison Organization Celebration Day — Note, most Family and MWR facilities will be closed or have adjusted hours. Visit himwr.com for more information.

Parole in Place/Green Card — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC) from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB SFAC from 1-2:30 p.m. Check on permanent resident requirements of the U.S. immigration law and learn how to become a U.S. citizen. Call 655-4227.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

19 / Friday

Blue Note Hawaii — War performs two shows nightly on Friday and Saturday at the Outrigger Waikiki Beach Resort. Visit bluenotehawaii.com.

Hawaii Army Museum — The annual Gen. Herbert E. Wolff Memorial Golf Tournament registration is now underway for the June 16 fundraiser at Leilehua Golf Course. Sponsored by the Hawaii Army Museum Society, the fee is \$150. Visit hiarmymuseum.org or call 941-3900.

20 / Saturday

SB Kulekole Walking-Hiking Trail — The trail is closed this weekend, Saturday and Sunday, due to the prescribed burn.

New Baby Expo 2017 — Hawaii’s largest prenatal-to-preschool expo comes to the Neal Blaisdell Exhibition Hall, Saturday and Sunday. Over 150 exhibitors showcase the latest products and services for Hawaii’s young families. Activi-

ties, entertainment and expert speakers featured. Visit www.newbabyexpo.com.

23 / Tuesday

Make a Lei for Memorial Day — Volunteer to make a ti leaf lei to be placed on the graves at the National Memorial Cemetery of the Pacific for the Mayor’s Memorial Day Ceremony, Foster Botanical Garden, 10-11:30 p.m. Reservations required at 522-7066.

26 / Friday

Trevor Noah — Comedy Central’s host of the “Daily Show” brings stand up comedy to the Blaisdell Concert Hall for 8 and 10:30 p.m. shows. Tickets start at \$45.50. Visit Ticketmaster.com.

29 / Monday

Lantern Floating Hawaii 2017 — The annual Lantern Floating Hawaii ceremony is scheduled at 6:10 p.m. at Ala Moana Beach Park. Candle-lit lanterns will be set afloat to honor deceased loved ones. The Lantern Request tent will be open from 10 a.m.-4 p.m., or until all lanterns are given out, on a first-come, first-served basis.

Free event parking is available at the Hawaii Convention

Center from 7 a.m.-11:59 p.m. A complimentary shuttle will transport passengers from the center to the beach park beginning at 3 p.m., then back after the ceremony. Visit www.lanternfloatinghawaii.com.

31 / Wednesday

Community Information Exchange — U.S. Army Garrison-Hawaii community leaders share events and information in this monthly forum, 9 a.m., at the SB Nehelani.

June

2 / Friday

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

3 / Saturday

Biggest Little Airshow in Hawaii — Pacific Aviation Museum, Ford Island, hosts from 10 a.m.-4 p.m. Pay tribute to the 75th anniversary of the Battle of Midway, a four-day sea and air battle that was the

decisive turning point of World War II in the Pacific. Call 441-1013 or 445-9069.

4 / Sunday

Keiki Sunday — Sea Life Park offers free admission for two children with any regular adult admission, 10 a.m.-2 p.m. Visit www.sealifeparkhawaii.com/plan-a-visit/events.

Windward Choral Society — 9th Annual Spring Concert, Requiem for the Living, will be held at the historical Kawaiaha’o Church, 957 Punchbowl St., at 4 p.m. Visit www.thewindwardchoralsociety.org/event-items/requiem-for-the-living/.

6 / Tuesday

Midway Youth Day — Pacific Aviation Museum partners with National Oceanic Atmospheric Administration and Fish & Wildlife Service for this special event for sixth through ninth grade students. Free participation. Limited to 100 students; advance registration required. Visit www.pacificaviationmuseum.org.

9 / Friday

3rd Annual Hi Fit Expo — Expo runs through Sunday at the Neal Blaisdell Exhibition Hall. Fitness and wellness demos, products and more. Visit hifitexpo.com/.

This Week at the MOVIES
Sgt. Smith Theater

The Fate of the Furious
(PG-13)

Friday, May 19, 7 p.m.

Smurfs: The Lost Village
(PG)

Saturday, May 20, 4 p.m.

The Zookeeper’s Wife
(PG-13)

Saturday, May 20, 7 p.m.

Gifted
(PG-13)

Sunday, May 21, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	CDC: Child Development Center	FS: Fort Shafter
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	FCC: Family Child Care	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare	SAC: School Age Center
		SB: Schofield Barracks

HCC students visit USAG-HI DES Fire Division

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Students from the Fire and Environmental Emergency Response program at the University of Hawaii’s Honolulu Community College came to visit U.S. Army Garrison-Hawaii’s Directorate of Emergency Services’ Fire Division to meet firefighters and try out firefighter physical fitness tests.

This is the third year HCC students have visited USAG-HI’s DES Fire Division.

“I just think it’s a great opportunity for the Army and the civilian community to work together. We all do the same job,” said Charles Gibbs, the fire chief for USAG-HI. “I think it’s a good idea to have everybody come together, train together, work together (and) play together.”

First engagement

The students first engaged in a work capacity test (WCT) for wildland firefighters, called the “Pack Test,” walking laps around Stoneman Stadium wearing 45-pound vests. Wildland firefighters take the WCT as part of their annual recertification for an Incident Qualification Card, or Red Card, in their specialty.

The Pack Test consists of a 3-mile walk with a 45-pound vest under 45 minutes. Participants are not allowed to run or jog.

An extremely hot sun beat down upon the students, joined by their instructor and firefighter Ryan Nakoa. The group, which started together, gradually began

to separate along the track.

After a short break, the students headed to the pull-up bar beside the track. Participants did as many complete pull-ups as they could, then moved on to sit-ups and push-ups. There was no required number of pull-ups, sit-ups and push-ups. Instead, the firefighters strive for improvement each year.

HCC student Ryan Kealoha-Kahunahana said the day’s experience made him more interested in fire. He said he was grateful to both his instructor and the Army for the day.

“I got to test my agility, even exercise my mentality,” he said. “It was awesome; loved it.”

For Kealoha-Kahunahana, the biggest challenge was the 3-mile walk.

“(I’m) really looking forward to graduating and becoming a fireman in the future,” he said.

Matthew Belluomini, a professor for Fire 152, Wildland Fire Control Field Methods, supported his class through the Pack Test and during the day’s other physical fitness activities.

“The Army fire is nice enough to invite us over here and host HCC, and they show us what they do and kind of bring us into their environment,” Belluomini said. “These students are in my wildland class and this is a good kind of hands-on experience (of) what they do and what is required of them. It’s kinda cool.”

Bryson Kamakura, a division firefighter, said USAG-HI’s fire department is a unique program, specializing solely in fighting wildfire. While each Army installation has firefighters additionally



University of Hawaii’s Honolulu Community College student Ryan Kealoha-Kahunahana does pull-ups at Stoneman Stadium on Schofield Barracks, May 12.

certified in wildland fires, this department is the only one that exclusively tackles wildland fires.

Gibbs explained that while other fire departments are also trained in fighting wildfire, the department here fights wildfires regularly, and on a larger scale.

After lunch, the students had a chance to ask the firefighters questions about their trade.

Kamakura said the field trip was beneficial in helping the students make a life decision. He added that becoming a firefighter is a big decision and an honor.

“I can’t tell you how (many) people that I know of (who) wanted to be a firefighter, but they couldn’t cut it physically or they couldn’t cut it

mentally,” he said. “We’re protecting those who protect us ... you’ve got to take it seriously because any given day you can die in our field.”

The USAG-HI DES Fire Division was established more than a dozen years ago. Kamakura said it fights between eight to a dozen fires monthly. The firefighters, certified by the National Wildfire Coordinating Group, protect the Army’s ranges, training areas and hiking paths. The department has also aided in search and rescue.

“It’s not something to take lightly; that’s for sure,” Kamakura said. “If you’re going to be a firefighter, or anything in the emergency services, then you need to take it seriously.”



University of Hawaii’s Honolulu Community College student Nicholas Lee (right) supports classmate David Foster as he does push-ups at Stoneman Stadium on Schofield Barracks, May 12.



Preston Donato (front), an HCC student, and fellow classmate David Foster participate in a work capacity test for wildland firefighters, called a “Pack Test,” at Stoneman Stadium.


Restructuring of EFMP Respite Care is underway

LEONARD WEBSTER
Exceptional Family Member Program

SCHOFIELD BARRACKS — The Army Community Service Exceptional Family Member Program (EFMP) Respite Care Program was initiated in 2007 during a period of high operational tempo to provide a temporary rest period for family members who provide regular care for those family members with special needs.

Eligibility for respite care is based on medical EFMP enrollment and the exceptional family member’s (EFMs) medical condition.

Current fiscal constraints and proposed reductions in staffing require consideration of alternate means to de-



EFMP
Exceptional Service

liver Department of Defense programs and services. As such, ACS EFMP respite care is currently being transformed to ensure the sustainment of care in the long term.

EFMP transition

To ensure the Army can continue to afford providing respite care services to EFMs with the greatest need, effective July 1, ACS EFMP respite care services will be provided only to enrolled EFMs meeting the eligibility criteria for levels three and four. Those EFMs will be eligible to receive up to 25 hours of respite care monthly.

The new ACS EFMP respite care structure is being implemented over a one-year transition period from July 1, 2016, to June 30, 2017. Those currently receiving respite care services may continue to do so at the current level of eligibility during the transition period.

However, effective July 1, 2017, those

receiving levels one and two respite care services will no longer be eligible to do so under the ACS EFMP respite care program.

(Editor’s note: The EFMP is part of Army Community Service, Directorate of Family and Morale, Welfare and Recreation.)

Contact EFMP

If you have questions about the restructuring of ACS EFMP respite care, please do not hesitate to contact your local ACS EFMP office at 655-4227.


It’s time to offer 5 reasons why I’d never win ‘Survivor’

I could claim that I have fencing lessons, or that I have tickets to “La Bohème,” or that I’m attending a lecture on the sustainability of agricultural practices in Machu Pichu. But I’d rather admit what I’m really doing Wednesday night.

This week, I’ll be watching the two-hour season finale of “Survivor” on May 24. Our family has seen every season since the show premiered on May 21, 2000. While stationed in Germany, we tuned in on Armed Forces Network. And today, we still pile on the couch to watch every week.

During commercials, we fantasize about winning the \$1 million prize and never emptying our own dishwasher again. As for me, I could subsist for days on the fat stored under my chin, so you’d think I’d be a perfect “Survivor” contestant. However, I’d never win and here’s why:

- **First, I never shut up.** Put me on a bus, in a waiting room, in a checkout line, and I’ll strike up a conversation with anyone. I’ll tell long anecdotes and add unnecessary details. Before you know it, people are trying desperately to get away from me.



The Meat and Potatoes of Life
Lisa Smith Molinari
Contributing Writer

Picture this: After building a watertight shed for my tribe, I start a roaring bonfire and cook the fish that I caught for everyone. Feeling confident, I tell a story about the time my car broke down in Cincinnati.

An hour later, I’m describing the mechanic’s coveralls, while one of the cast mates stands behind me, silently mouthing to the others, “She’s outta here” as he scrapes the last bites of fish from his coconut shell.

- **Second, I’m a slave to my digestive tract.** Without the comfort of my morning routine, which includes coffee and time to stare out the kitchen window, my digestive tract shuts down while traveling. There’s no escape, if you know what I mean.

Picture this: On day six, I can’t take it anymore. I’m found beached at the water’s edge like a whale, weakly chewing palm fronds for fiber, mumbling some-

thing about needing coffee. My tribe mates – put off by my deliriousness and suspicious of my growing paunch – vote me out that night.

- **Third, conflict makes me cry.** With an emotional range limited to happy and sad, I react to anger with an embarrassing chin quiver, blotchy neck and blubbling tears.

Picture this: While my tribe mates are tanning on the beach, I begin to tell them about a blind date I had with a guy named Jethro.

Hangry, the tribe bully snaps, “Nobody cares about your boring life, old lady!”

My alliance waits for me to defend myself, but I can only muster an ugly cry face. Sensing weakness, they blindside me at tribal council.

- **Fourth, I am a scavenger.** When I go to the beach, I am compelled to scan the horizon for shells, sea glass, flotsam and jetsam. If it washes up, I’m determined to find it, take it home and put it in a jar.

Picture this: Two tribe mates find me gullible enough for an alliance. They search for me to make plans, but I am miles away, engrossed in a pile of smelly

seaweed. We go to tribal council before they’ve had a chance to find me, and I am voted out.

- **Lastly, my two-piece days are over.** Wobbling flesh started and ended with “Naked Guy” Richard Hatch in Season One. Nowadays, you could bounce a quarter off most “Survivor” contestants’ stomachs. Birthing three large babies has turned my figure into something of an old deflated inner tube. If you tossed a quarter at me, it would disappear into one of many rolls.

Picture this: Jeff Probst announces the start of a challenge, and we all start running. My tribe mates are propelled by lean sinewy muscle, but I am hindered by jiggling body parts. Crawling under a set of barriers, my bathing suit top is ripped off. The cameras zoom in on what looks like two fried eggs and a stack of pancakes. That night, the vote to cast me out is unanimous, and the director instructs that the footage be cut from the scene as not suitable for viewing.

That said, I’d better go empty the dishwasher.

(Read more from Molinari at www.themeatandpotatoesoflife.com.)

Seek to listen before responding

CHAPLAIN (MAJ.) JEFF BARTELS
25th Sustainment Brigade
25th Infantry Division

A Kish tablet, which was discovered in the ancient Sumerian city of Kish, has inscriptions considered by some experts to be the oldest form of known writing.

While you may not have heard or even seen of this type of tablet, I suspect there are some other “communication devices” within your home that facilitate the way knowledge and information is gathered.

Many homes today have upwards of 10 different devices to communicate and become aware of the latest in news, sports, weather and, of course, social media.

But did you ever stop to consider what is truly heard or understood using that device?

Over the years experts have theorized that humans learn more through nonverbal communication than verbal and perhaps even written communication. Consider the time



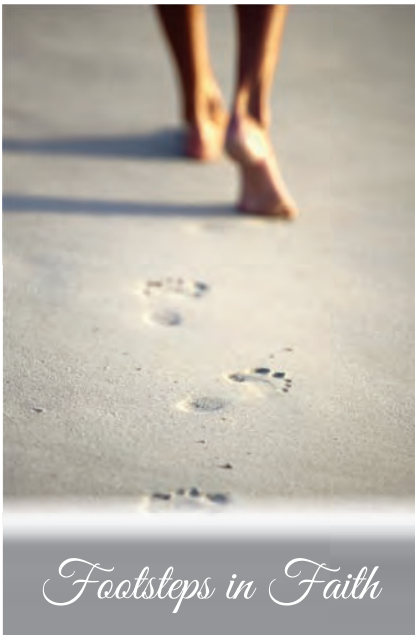
Bartels

and energy spent using an array of devices in order to get a message across, almost unfathomable, right? All the while, a simple walk across the hall or a drive down the street to engage in a face-to-face conversation and voilà, clear signals.

A favorite passage of mine, James 1:19, states, “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.”

What a timeless message, listen first, then speak, articulately trying not to become irritated or enraged.

This profound passage is a true reminder of how very important it is to actively listen to the message communicated. Upon reception, an obligation is then offered, which enables the receiver to provide an appropriate response.



What is pivotal in the three-fold passage? Listening and responding. That last part, suppressing anger, while important, can certainly be accomplished if the intended communication is collected appropriately and then understood in kind with a supportive response.

So, here’s a little test to take: Next time you have a conversation with someone or hear a report or read a few blurbs from the latest social media site, ask yourself what’s being communicated? Then, consider a paraphrase of the communication in order to provide clarity to the sender’s intent.

I suspect this simple test may prove alarming for those who dare take the challenge. If not, certainly don’t get angry. Just reconsider the opportunity to rein in good communication.

Remember, the essence of good communication can produce better temperaments, which in turn can reduce any tensions and instill a healthier perspective.



Courtesy photo

Good communication requires superior listening skills and responses.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, SB
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC
-11 a.m. at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic
•Friday, 12:30 p.m. at AMR
(Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship
•Sunday Services
-9 a.m. at MPC (Contemporary)
-9 a.m. at FD
-9 a.m. at TAMC
-10 a.m. at HMR (Contemporary)
-10:30 a.m. at AMR (Contemporary)
-11 a.m. at WAAF (Contemporary)

PCS: Personnel must plan early

CONTINUED FROM B-1

Schools

Arriving

There are no Department of Defense Schools in Hawaii; all public schools are under the jurisdiction of the Hawaii State Department of Education.

The school year starts on or around Aug. 1. Registration is year-round.

To enroll children in a public school, Soldiers and family members will need, at a minimum, their children’s health records with proof of immunization and physicals, their children’s birth certificates, and transcripts from their children’s previous schools.

Enrollment in kindergarten is mandatory in Hawaii for children who will turn 5 years old by July 31.

Departing

Soldiers and family members with children enrolled in a public school should check in with the School Liaison Office (SLO) or Child Youth and School Services to verify that they don’t have any outstanding obligations, such as overdue textbooks.

They will also be asked to fill out a form that will be forwarded to the SLO at their next duty station to make the school transition there go more smoothly.

Additional Resources

For more information on schools in Hawaii, including home schooling and registering children in a private school, the state DOE has compiled a list of FAQs for military families at www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/FAQs-for-military-families.aspx.



Photo by Karen A. Iwamoto, Oahu Publications

1st Lt. Kathryn Bailey, a Black Hawk pilot with the 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, goes over a checklist of her household items with her movers, May 11, on Wheeler Army Airfield. Bailey PCSed to Wheeler from Fort Rucker, Alabama.

Vehicles

Arriving

Drivers in Hawaii must have motor vehicle insurance. Personal vehicles in Hawaii must pass a vehicle safety inspection and be registered with the county it is in. Drivers who fail to renew their vehicle registration will be fined.

Active duty military personnel who are not residents of the state must submit a non-resident certificate form with each registration and registration renewal.

Active duty military personnel who are residents of the state or are members of the Hawaii National Guard and

Reserve are exempt from the motor vehicle weight taxes for one vehicle registered in their name.

Departing

Those who don’t plan to ship their vehicle(s) to their next post may properly abandon them – for free – by following the guidelines set forth by the City and County of Honolulu, which are detailed at www.hawaiiarmyweekly.com/2017/03/09/march-madness-is-pov-towing/.

Be aware that if there is a lien on the vehicle, it will have to be properly released first.

The above link also provides information on properly transferring a vehicle’s title, and other options for properly disposing of it.

Additional Resources

For more information on registering your vehicle, visit www.honolulu.gov/csd/mvinformation.html.

Service members may also schedule an appointment online to register their vehicles at the Joint Base Pearl Harbor-Hickam branch of the Honolulu Satellite City Hall by visiting <https://jbphhwindow1.acuityscheduling.com/.schedule.php>.



Photo by Karen A. Iwamoto, Oahu Publications

Movers unpack 1st Lt. Kathryn Bailey's belongings, May 11, on Wheeler Army Airfield. Bailey, a Black Hawk pilot with the 25th CAB, 25th ID, PCSed to Wheeler from Fort Rucker, Alabama.



Photo courtesy of Hawaii State Department of Education

The Hawaii State Department of Education has a website dedicated to answering school-related questions for military families moving to the island. It can be found at www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/FAQs-for-military-families.aspx.

TAMC shares inspiration for women’s health

LEANNE THOMAS
Tripler Army Medical Center
Public Affairs

HONOLULU — Women’s health is the Tripler Army Medical Center message during the month of May. TAMC encourages all women to make their health a priority during this month. Most women are familiar with the routine recommendations from health care professionals, such as visit your doctor for a wellness exam, get active, eat healthy, avoid unhealthy behaviors and pay attention to your mental health (including getting enough sleep and managing stress). Finding the motivation to take the first step to improve your health is not always as easy as it sounds, so some members of the Tripler staff shared how they make health a priority in their lives.

Prioritizing
“My upbringing helped me to understand how important it is to eat healthy and exercise. My parents also taught me that exercise not only improves your physical fitness, but also works your mind,” said Lt. Col. Hope M. Williamson-Younce, battalion commander for Tripler’s Troop Command. “I run every morning before work, and I push myself a little more every day because this helps me to stay disciplined. “I feel motivated and empowered to make my health a priority when I see other members of the Tripler ohana up every morning running and working out at Tripler with me. I also often think about a saying, which explains how there are 1,440 minutes in a day, so it is important to take at least 60 minutes out of the day for yourself,” she added.

Age-wise strategies
Aleda A. Ziegler, medical support assistant at TAMC Child & Family Behavioral Health, explained what empowers her to make health a priority in her life: “Being able to keep up with my grandkids!” “As we get older, our bodies change, and I want to feel good,” said Ziegler. “I set small goals for myself and take it from there. Just last weekend, I taught my granddaughter how to ride a bike at the park, and it was a great feeling for me to share that experience with her.” 1st Lt. Lorraine M. Gonzalez, adjutant to the TAMC commander, found inspiration to live a healthier life-style with a battle buddy during a field training exercise.



Photo courtesy of Tripler Army Medical Center
TAMC professionals encourage women to develop healthy routines that include physical fitness.

“It started with just me and my battle buddy, and it grew to a group of us (women) motivating each other to work out at the gym after the field hours,” said

Gonzalez. “It was difficult because all we wanted to do after our duty day was shower and sleep, but after an intense workout, we felt so good. Seeing new muscles develop and watching my overall body appearance change helped me to become even more motivated to continue,” Gonzalez added. “When I got home, I started working with a personal trainer to take my fitness to the next level, and I started training to compete in the Sting Ray Classic Women’s Body Building Competition,” Gonzalez continued. “I won second place in the woman’s short class, but what I learned most from this experience is how critical diet and nutrition is for the body. What you eat has a direct impact on your strength, energy, weight control and mental capability.” Whether it is scheduling your annual wellness exam, adding more physical activity to your daily routine or improving your eating habits, now is the perfect time to find your inner source of empowerment and join women across the nation for support to be the healthiest version of you.

Health Info Options

At Tripler, a great way to get started and learn more about your health is to schedule your annual wellness exam. Visit the Tripler Patient Education Center or connect with TAMC’s registered dietitians.

Appointments

As a beneficiary, TRICARE covers well-women exams annually for all women under 65 years at no cost. To access health care and make appointments at Tripler, visit <https://www.tamc.amedd.army.mil/information/makingappointments.html>.

Kiosks


All TRICARE beneficiaries can also use the Patient Education Center kiosks to research any health issues they are interested in.


Patient Education Center

“Patients and family members are able to utilize the TAMC Patient Education Center and participate in interactive learning programs and also take home many resources, such as DVDs and information pamphlets,” said Joseph Washington, Tripler’s Patient Education Center coordinator. To learn more about the Tripler Patient Education Center, visit https://www.tamc.amedd.army.mil/offices/patient_education/default.htm.


Nutrition Care Division

Tripler’s Nutrition Care Division is a resource to connect with Tripler’s registered dietitians and learn more about the latest nutrition educational events and opportunities. Visit the Nutrition Education Outreach page at <https://www.tamc.amedd.army.mil/services/NutritionEducation/intro.htm>.





Prevent Poisonings



A poison is any substance that is harmful to your body when eaten, inhaled, injected or absorbed through the skin.

Any substance can be poisonous if enough is taken; however, it only takes a few minutes to help prevent poisonings.

- Put the poison control number (1-800-222-1222) on all phones. Program it in your cell phones.
- Keep medicines, household cleaners and other toxic products out of children’s reach – in locked or childproof cabinets.
- Monitor the use of medicines, especially those prescribed for children and teenagers.
- Take medicines as directed.
- Keep medicines and chemical products in their original bottles or containers.
- Follow directions on product labels.
- Turn on a light when you give or take medicines.
- Never share or sell your prescription drugs.
- Dispose of unused, unneeded or expired prescription drugs.
- Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases.
- Put on protective clothing – gloves, long sleeves, pants, etc. – if you spray pesticides or other chemicals.
- Turn on the fan and open windows when using household cleaners and other chemical products.